

SWIM TO FIGHT CANCER AMSTEL

ZWEM MEE! FIGHT CANCER

ZATERDAG
8 JULI
2023

Swim
to Fight
Cancer

PARTICIPANT INFORMATION



TABLE OF CONTENTS

FOREWORD	P.1
THE LOCATION	P.2
ACCESSIBILITY AND PARKING	P.2
PROGRAM	P.2
PARCOURS	P.3
REGISTRATION	P.4
BEFORE THE SWIM	P.4
THE SWIM	P.5
AFTER THE SWIM	P.6





FOREWORD

Dear participant,

After a successful edition in 2022 where we raised more than €68,000, we will be back in 2023 for the second edition of the Swim to Fight Cancer Amstel.

It's great that you and more than 250 other participants take the challenge to swim 500 meters,

1 or 2 kilometers to create attention for the importance of cancer research and to raise as much money as possible. In this way you turn powerlessness into power and positivity by doing this sport performance. If you're having a hard time in the water on Saturday, look sideways at your fellow swimmers and the spectators along the side. Or think of the one you swim for. That will give you the strength to keep going!

With all the donations you collect, we can fund groundbreaking cancer research. Together with you we can hopefully realize our dream: that this terrible disease, which affects 1 in 3 Dutch people, no longer has to be fatal in the future. And that the quality of life with and after cancer improves.

I am very proud of what the STFC Amstel team has already achieved so far to make it a great event together with you.

Good luck with the final preparations and collecting as many donations as possible.

Greetings from,

Davy Heysteeg
Projectmanager Swim Amstel



THE LOCATION

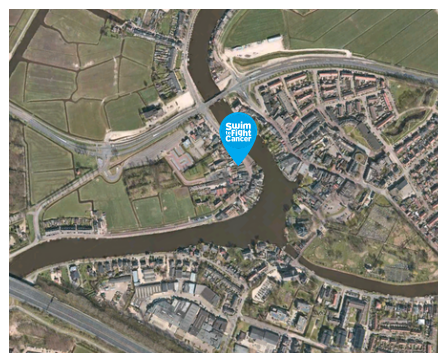
Swim to Fight Cancer Amstel is organized in the Amstel between Amstelveen and Ouderkerk a/d Amstel. The start and finish this edition will take place at the Amstelzijde in Amstelveen.

Address start/finish:

Amstelzijde
1184TZ Amstelveen

Address Registration:

Giga Storage
Amstelzijde 85a
1184 TZ Amstelveen



ACCESSIBILITY AND PARKING

Parking

We would like to ask you to come to the swim by bike. There is a possibility to park the bike close to the start and finish. In addition, there are various options for parking the car. The nearest parking space is the Amstel Parking at the Amstelzijde. This parking lot is paid parking, but the good news is that the Amstel Parking will donate a part of the proceeds to the Fight Cancer.

With public transport

There are various options for traveling to the swim by public transport.

The nearest train station is Bijlmer Arena station. From here you can take the bus to the starting location. Before you leave, you can consult the following websites for personal advice:

- www.9292ov.nl
- www.connexxion.nl
- www.gvb.nl
- www.maps.google.com

PROGRAMMA

12:00 - 13:30 uur	Registration open
13:40 uur	Opening by the Mayor of Amstelveen & Warming-up
14:00 uur	Start 2KM
14:05 uur	Start 1KM
14:15 uur	Start 500M KIDS SWIM
15:30-16:00 uur	Announcement of proceeds and issuance of cheque*
17:00 uur	End of Swim to Fight cancer Amstel 2023

*this time is an indication time. The cheque will be presented when the last competitor has finished.



LOCATION MAP



1. Registration (Registration, dressing rooms, toilets, volunteers)
2. Warming-up
3. Start & Finish (after finish, medailles)

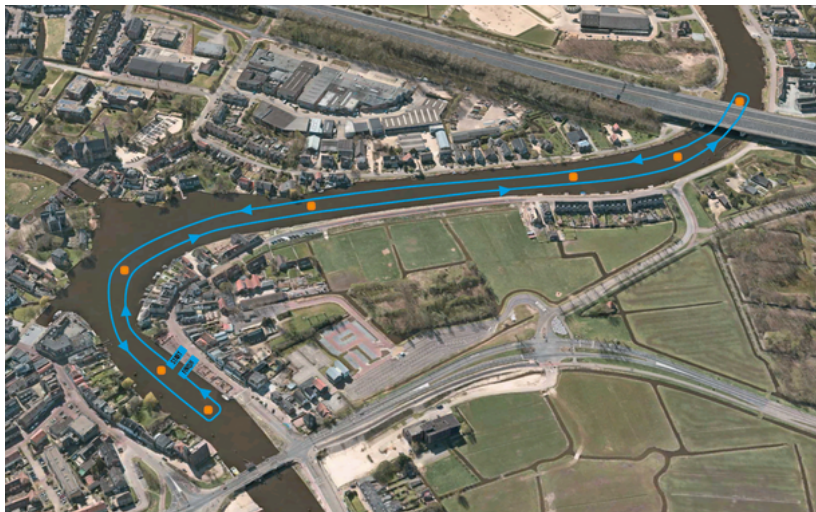


PARCOURS

1KM swim:



2KM swim:



KIDS swim:





REGISTRATION

The registration kit you need to participate in swim can be picked up before the start at the registration tent on the Giga Storage site. In the registration kit you will find, among other things, a swimming cap with start number and a safe swimmer. If you do not have this in your possession, you cannot participate in the swim. *When picking up your registration kit, make sure you have the email with your swim cap number and details to hand.*

Important: The registration desk is open from 12:00. Up to 30 minutes before the start there is the possibility to collect the registration kit.

SWIMCAP

All participants receive a swimming cap with a bib number that is linked to your name upon registration. In the week of the Swim you will receive an email from us with your bib number. Wear the swimming cap with the start numbers to the side. This bib number is important for our registration system. To check whether all participants have started and finished, we keep track of who enters and exits the water when.

Important: The bathing cap is registered by name and cannot be exchanged with another participant.

SAFE SWIMMER

All participants receive a safe swimmer upon registration. This is an orange buoy that can be attached to the waist. As a participant you are obliged to wear this safe swimmer until that you are out of the water at the finish. At the finish you deliver the safe swimmer back to the organization.



Horeca & toilets

It is possible to buy coffee, tea or other drinks at our catering partners, including Café Restaurant Heisa and Loetje. In addition, there is the possibility to refill your water bottle if necessary. We would like to ask you to use our dixies and urinals (at registration) and to enter restaurants Loetje or Heisa in case of extreme emergency.

BEFORE THE SWIM

GET CHANGED

In addition to the registration tent, there is the possibility for the participants to change clothes. There are no lockers so leaving your belongings is at your own risk.

BRIEFING & WARMING-UP

At 01.40 pm we gather with all participants at the podium next to the start. After a word of welcome by the mayor of Amstelveen, we will do a warm-up to ensure that we are optimally prepared for the swim.

After the warm-up we will start the swim in three different starting waves (2KM, 1KM & KIDS SWIM).



SUPPORTERS

Supporters are more than welcome during the swim. In addition to the start and finish, the supporters have the opportunity to walk along the swim course to continue to encourage you in that way. We would like to ask all supporters to take other traffic into account and to follow the instructions of our traffic controllers. In addition, we ask supporters to come by bike as much as possible to avoid parking crowds.

WETSUIT

In the days before the swim we will share the water temperature via our social media channels. Currently the temperature is 22 degrees Celsius. Given the water temperature in the days prior to the swim and the predicted outside temperature of 30 degrees, we do not recommend swimming with a wetsuit during the Swim Amstel due to the risk of overheating. We have therefore canceled your rented wetsuit at Dare2Tri, if you do not feel comfortable without a wetsuit and still want to rent a wetsuit against the advice, you can do so via the link in the newsletter or on the website, then choose “pick up during swimming training; no” and at “Send Wetsuit” when you want to receive it.”

THE SWIM

READY TO START

After the warm-up you can get ready to start. We start in three different waves:

- 2KM swim 2:00 pm
- 1KM swim 2:05pm
- KIDS swim 2:15 pm

We will enter the water five to ten minutes before the start.

Before you enter the water you walk past someone from the organization with a tablet. This volunteer registers your starting number so that it is known that you are in the water. After passing on your start number you can enter the water. To make entering the water as easy as possible, our sponsor KPS will put a ladder in the water, so that you can easily enter the water..

START

When all participants of the start wave are in the water, the starting shot will be given by the mayor of Amstelveen. After the starting shot has sounded, you swim towards the A9.

PARCOURS

The parcours of the swim is indicated by large orange buoys. You keep the buoys on your left. You are responsible for turning at the correct turning point. So take a good look at the parcours map.



SAFETY ON THE WATER

In addition to the safe swimmer, we have taken extra safety measures to ensure that you can swim as safely as possible. If something happens along the way, a number of boats from the rescue brigade and Scouting Tjarda will sail. When you need help, lie on your back or on the safe swimmer and wave to one of the boats. Even if you choose to stop (which of course we do not assume) it is mandatory to let our boats take you out of the water. The boat will take you to the finish so that our volunteers can register in the system.

FINISH

After 500m, 1KM or 2KM you will arrive at the finish near the restaurants on the Amstel side where you will be given a grand reception by all supporters and volunteers. When you leave the water via the staircase, it is important that you sign out with one of our volunteers with the tablet so that we know whether all participants have returned safely. In addition, you return the safeswimmer to one of our volunteers.

AFTER THE SWIM

AFTER FINISH

After the finish you will receive a nice medal and a Swim to Fight cancer towel from us. In addition, there is the possibility to grab some food and drinks.

DRESS & SHOWER

After swimming there is a possibility to shower (cold water) and change clothes at the changing tent on the Giga Storage site.

Proceeds announcement and check presentation

When all participants have arrived, we will announce the proceeds of the Swim Fight cancer Amstel 2023 and we will present the cheque to the Fight Cancer Foundation.

PHOTOS & AFTER MOVIE

To let you enjoy a great swim performance even more, we will share the photos taken by Kickfotos.nl and the after movie in the week after the swim.

GOOD LUCK!

**On behalf of Team Amstel and the sponsors of Swim to Fight cancer
Amstel 2023**



**Swim
to Fight
Cancer**

AMSTEL 2023

J. JANSEN
SLOOP- EN GRONDWERKEN

Gemeente  Amstelveen

COARE
realisatie

RIXAX
VERHUUR

H E I S A
café restaurant

GIGA
STORAGE

saam
restaurant

Loetje

Rode Kruis

KPS
STEIGERBOUW

MENN KÖHLER

**plant
Creations**

Tjarda

RON
GASTROBAR
INDONESIA

REDDINGSBRIGADE
AMSTELVEEN

COARE
architectuur

**AMSTERDAM
SPORT EVENTS**

Sprenkels

WORKRATE
MISSION CRITICAL
SECURITY

vitriwand
systemwanden

roc
van amsterdam

CGI

KICKS
1000.NL

Stichting Vrienden van het Pontje

Amstelbad

**AMSTELVEEN
SPORT
DE MEERKAMP**

AMSTELVEEN

**Amstelveens
Nieuwsblad**

**WEEKBLAD VOOR
OUDER-
AMSTEL
.nl**

**gemeente
Ouder-
Amstel**

meetables
specialist in buitengewone vergaderlocaties

speedo

www.swimtofightcancer.nl/amstel

@swimtofightcanceramstel